



Swedish massage (which is a proper name, not a reference to Sweden)

Refers to a collection of techniques designed primarily to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. The lymph system and veins (which carry blood back to the heart) both rely on muscle action, rather than heart pump pressure, to operate. Many believe it is safe to apply light pressure in the opposite direction. Friction is reduced by oil, or lacking that baby powder. Some practitioners claim benefits from vegetable rather than mineral oil while others disagree. Swedish massage can relax muscles, increase circulation, remove metabolic waste products, help the recipient obtain a feeling of connectedness, and a better awareness of their body and the way they use and position it. The strokes and manipulations of Swedish Massage are each conceived as having a specific therapeutic benefit. One of the primary goals of Swedish Massage is to speed venous return from the extremities. Swedish Massage shortens recovery time from muscular strain by flushing the tissue of lactic acid, uric acid and other metabolic wastes. It improves circulation without increasing heart load. It stretches the ligaments and tendons, keeping them supple.

Swedish Massage also stimulates the skin and nervous system while at the same time relaxing the nerves themselves. As it can help reduce emotional and physical stress it is often recommended as part of a regular program for stress management. It also has specific clinical uses in a medical or remedial therapy.

Please Press Your BACK button on your server to return to the

Massage Web Page!